**Dorchester / Talbot Meals**

**October 2021 Lunch menu include 8oz 1% Milk *(Menu subject to change)***

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| **Week 1 Monday 10/4** | **Tuesday 10/5** | **Wednesday 10/6** | **Thursday 10/7** | **Friday 10/8** | **Saturday 10/9** |
| Green Salad Plate, w/ Turkey, Boiled Eggs, Tomato Wedge (2)Shredded Cheese (1oz)BeetsPotato SaladW.W. Crackers (6)Juice | Spaghetti & Meatballs (3) w/Pasta SauceCut Green BeansPineapple TidbitsGarlic ToastJuice | Southern Chicken & DumplingSteam BroccoliTropical Fruit SaladW. W. Bread w/ Marg.Juice | Mini Cold Cut Sub on Roll w/Low Salt Ham & Turkey, CheeseLettuce & TomatoBaked Potato ChipsFresh BananaJuice | BBQ Chicken on BunPinto BeansVegetable BlendFresh OrangeJuice | Turkey Burger on BunPotato WedgesSteamed SpinachApricotsJuice |
| **Monday 10/11** | **Tuesday 10/12** | **Wednesday 10/13** | **Thursday 10/14** | **Friday 10/15** | **Saturday 10/16** |
| Meat Loaf & GravyMashed PotatoesSpring PeasDiced PearsW.W. Bread w/ Marg.Juice | Cod Fish Sandwich on BunSweet Potato FriesWax BeansAmbrosia SaladJuice | Oven Fried ChickenRed Beans & RiceGlazed CarrotsPineapple ChunksW. W. Bread w/ Marg.Juice | Tuna Salad Platter w/ LettuceTomato Wedges (2)Macaroni SaladFresh OrangeW.W. Crackers (6) Juice | Country Baked HamSteamed CabbageRed Skin Boil PotatoesApple SauceW.W. Bread w/ Marg.Juice | Vegetable Bean Soup (8oz)Sliced Turkey & Swiss CheeseOn BunRaisin BoxJuice |
| **Monday 10/18** | **Tuesday 10/19** | **Wednesday 10/20** | **Thursday 10/21** | **Friday 10/22** | **Saturday 10/23** |
| Beef Hot Dog on RollBaked BeansSteamed Cauliflower PeachesJuice | Baked Pork ChopMacaroni & CheeseBrussels SproutsMandarin OrangesW.W. Bread w/ Marg.Juice | Chicken Salad w/ Lettuce onCroissant RollSlice Tomatoes (3)Fruit CupJuice | Chicken Cordon BleuRice PilafVegetable MedleyMelon CupW.W. Bread w/ Marg.Juice | Baked Tilapia FishMini Baked PotatoesGreen BeansFruit CocktailW.W.Bread w/ Marg.Juice | Breaded Veal Pattie & GravyBrown RiceSugar Snap PeasFresh PearW.W. Bread w/ Marg.Juice |
| **Monday 10/25** | **Tuesday 10/26** | **Wednesday 10/27** | **Thursday 10/28** | **Friday 10/29** | **Saturday 10/30** |
| Hot Turkey & GravyMashed PotatoesPeas & CarrotsFruit CocktailW.W. Bread w/ Marg.Juice | Teriyaki ChickenSteamed RiceMixed VegetablesPineapple ChunksW.W. Bread w/ Marg.Juice | Baked Rock FishOven Roasted PotatoesStewed TomatoesApplesauceCornbread w/ Marg.Juice | Caesar Salad w, Grilled ChickenFresh Greens (1c.)Parmesan Cheese, CroutonsPasta Salad PeachesW.W. Crackers (6)Juice | Navy Bean Soup (8oz)Ham & Cheese Sandwich on W.W. BreadFruited Jello (¾ c.)Juice | Ground Beef Stroganoff w/ Egg NoodlesSpring PeasFresh AppleW.W. Bread w/ Marg.Juice |

**Entrees provide 3oz protein in the suggested amount All other portion size 4oz (½ c) servings unless otherwise indicated**